



CHALLENGE YOURSELF!

Top 10 Healthy Eating Habits

1. Eat breakfast daily
2. Eat more vegetables and fruits daily.
3. Stay hydrated.
4. Increase nutrition knowledge.
5. Balance all meals and snacks with carbohydrate and protein, and look for ways to add vegetables and fruits.
6. Create a healthy base.
7. Learn how to cope with your emotions without using food.
8. Be aware of how calories count (and quickly add up!)
9. Make small sustainable changes.
10. Eat with thought and intention and enjoy the foods that you eat.

TO CREATE HEALTHY HABITS

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